**Situation:** A student has rolled his/her ankle badly during an intramural badminton contest.

**Victim:** Roll back and forth on the ground holding your ankle in serious pain. Answer the questions you are asked but start to show signs of shock as the review progresses

**Witness:** Run to the information counter and explain your friend hurt their ankle badly

**Checklist:** *(Verbalize words in parenthesis)*

___ Grab the AED, first aid kit, radio and cell phone*

___ Check the scene *(scene is safe)*

___ Check the victim and ask “are you okay?” *(Victim responds that their ankle hurts)*

___ Ask the victim what happened? Where does it hurt? Do you hurt anywhere else? Has this ever happened before? Did you hear or feel anything?*

___ Tell victim you are first aid certified and want to help; obtain consent

___ Move victim to a comfortable position (sitting/lying down) while stabilizing injury *(Victim complains of any movement of the ankle)*

___ Radio other staff for bag of ice and to bring the transportation chair*

___ Apply ice while keeping injury stabilized*

*(Victim complains about ice and starts shows signs of shock***)

___ Direct someone to call 911 and University Police *

___ Ensure bystanders or other staff open doors and meet EMS

___ Assist person to a lying down position

___ Monitor signs of life until EMS arrive *

___ Fill out an injury report*

**After EMS departs:**

___ Inform Pro Staff about the emergency, call Mo after hours*

**Other**

- Check for knowledge of building address and appropriate phone number
- Does staff member have CPR pocket mask clipped on?
- Keep in mind “RICE”: Rest Immobilize Cold Elevate

**Symptoms of shock:** confusion, altered level of consciousness, pale or ashen, cool, moist skin, rapid breathing, excessive thirst, nausea or vomiting

**Comments**

☐ Met Requirements ☐ Did not meet requirements ____ (1-2 week re-testing)

Signature of Facilitator: _____________________ Signature of Reviewee: _________________________